

# Winter Menu

Week 2, 2021

Yum!

	Morning Tea	Lunch	Afternoon Tea
<b>Mon</b>	Cheese and Garden Grown Chive Muffins	<b>Lentil Bolognese</b> Lentils cooked with fresh vegetables and homemade tomato pasta sauce served with penne	Diced Cheese and Dry Fruit with Rice Cakes Fruit Fruit Option
<b>Tue</b>	Wholemeal Toast with Spreads	<b>Helen and Hughies Mixed Herb Chicken</b> Locally sourced chicken cooked in herbs cut from the Choklits gardens and finely chopped vegetables served with rice	Sugar-free Banana & Coconut Slice Fresh Fruit Option
<b>Wed</b>	Pot Set Natural Yoghurt	<b>Curried Pork</b> Locally sourced pork cooked in mild curry sauce, mixed with freshly chopped vegetables and served with pasta	Cheese and Biscuits Fresh Fruit Option
<b>Thur</b>	Fresh Fruit	<b>Mixed Sandwiches</b> Wholemeal bread, buttered with a mix of meat, salad and cheese	Cheese and Spinach Muffins
<b>Fri</b>	Fresh Fruit	<b>Choklits Beef Wellington</b> Beef Wellington cooked with beef and pastry to Choklits secret recipe served with mashed potatoes	Vegetable Sticks with Homemade Vegetable Dip Fresh Fruit Option

## Breakfast

Is offered from 7 am to 7.45am;  
cereal, fruit and toast.

**(GF) Gluten Free Option**  
Available As Substitute

## Beverages

Water is offered to children  
all through out the day.

## Additional Dietary Requirements

We cater for dairy and gluten free options and can cater for other dietary options where needed. At Choklits we aim to reduce added sugar in all our recipes and look to use natural sweet options. Please note we do not use nuts in our cooking and we endeavor to be a nut free centre.